

### Abstract

The invention relates to a valve timing mechanism, in particular for four-cycle engines, having the following components:

- a rocker arm frame (2) which has two bars (34, 35) for accommodating rocker arms;
- hydraulic elements (6);
- a steel sheet part which is arranged between the hydraulic elements (6) and the rocker arm frame (2);
- a pressurized oil line;
- deep-drawn steel sheet rocker arms (1) which are configured uniformly, having a U-shaped cross section, a cylindrical roller, a cap (4) for a supporting ball (5) of the hydraulic element (6), and having contact elements for the valve stems of the inlet and outlet valves.

According to the invention, the manufacturing costs of the steel sheet rocker arms are reduced by the fact that the outer pistons (9) of the hydraulic elements (6) are guided in blind bores (8) of the rocker arm frame (2), and by the fact that a steel disk (11) is arranged at the bottom of the blind bores (8) as a stop for the inner piston (10).

Figure 1